



Plan of the Week Notes for October 2014

Health Literacy Month

Week 1

Have you ever gone online to read about symptoms you are experiencing or to check out the latest report on a medical condition? You are not alone. One in three American adults has turned to the Internet for medical information.¹ But, how do you know if what you are reading is accurate? To help you evaluate the source of health information and separate fact from fiction, check out the fact sheet [Cut Through the Clutter: Find Health Info on the Web](#) in NMCPHC's HP toolbox.

Week 2

Did you know that symptoms of a heart attack can affect other parts of your body such as arms, back, neck, jaw, and even your stomach? Health information like this could help save your life or a shipmate's life. If you have accurate knowledge about your body and disease, you will have a better understanding of the connection between symptoms and a possible medical condition, as well as the relationship between lifestyle choices and your health. To learn more about the human body, surgical procedures, and other health news, watch these [health videos and interactive tutorials](#) from Medline Plus, which is the National Institutes of Health's web site for free, reliable, and up-to-date health information.

Week 3

Whether you serve aboard a ship with fellow Sailors or in a platoon with fellow Marines, you know first-hand the value of working as a team. So it shouldn't come as a surprise that the Agency for Health Care Research and Quality (AHRQ) found that people who talk to their doctors and take part in their care are more satisfied with their health care and have better results. To get the most out of your visit, follow these [Four Tips on Talking to your Doctor for Better Health](#) found in NMCPHC's HP toolbox:

- Make a list
- Be detailed
- Be honest
- Ask questions



Week 4

As Sailors and Marines, you are fluent in military acronyms. But, when your health care providers use medical terminology it can seem like they are speaking a foreign language. To take the mystery out of your next doctor's visit, [click here](#) for a glossary of common medical terms provided by the State University of New York.

References

¹ Fox, S, Duggan, M. *Health Online 2013*. Washington, D.C.: Pew Research Center's Internet & American Life Project; 2013.